

YEAR 9

Independent learning to be completed during school closure

FOOD STUDIES

During a two week period you would ordinarily have:

3 food lessons. Complete each of the activities below.

Lesson 1 – Food and the environment

1. Choose a dish of your choice to research the food miles.
2. You need to trace where all of the ingredients used to make it are from. Create a table to show each ingredient and the country of origin.
3. Discuss your findings and consider the food miles involved. Give your own opinion – are you surprised by how many miles the dish has travelled.
4. Suggest how the product could be made more sustainable. Consider if ingredients could be replaced with British / local ingredients. You may wish to plot your findings on a world map to clearly show where each ingredient is sourced from.
5. For information about food miles, visit www.foodmiles.com.

Lesson 2 & 3 – Multicultural Foods

We are part of a multicultural society. Our diet has changed over recent years partly because of the influences of other countries.

1. For this task you must choose a country and carry out some research that looks at the food production and eating habits of people in that country. Thorough research will include the following:
 - The flag
 - A map of the country, showing the main cities. Some areas may be famous for certain types of food
 - Eating habits of the people e.g. cutlery used, types of meals, methods of cooking, meal times, names of typical dishes. Effects of customs and religion on the diet
 - Staple foods and crops produced in that country.
 - Other types of food produced
 - Climate, perhaps linked to food production
 - A selection of recipes and typical dishes that could be served.
2. Produce an information sheet or leaflet to present your research.

If you require further information please email:
DP@longbenton.org.uk